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Five NYC spots offering taco and drink specials. 18



Kendrick Lamar finds inspiration in Colin Kaepernick. 16

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PR NIGHTMARE

President Trump's Puerto Rico trip revealed an out-of-touch politician dismissing the impact of Hurricane Maria as he struggled to relate to the island's victims. 4



GETTY IMAGES

WELCOME TO METRO.US



NIKKI M. MASCALL, REPORTER

My family and I recently adopted a very good girl name Kona, and the 1-year-old rescue pup has fast become the love (and center) of our lives. So, obviously, I loved sharing pictures for the ASPCA's #FindYourFido campaign to promote October being Adopt a Shelter Dog Month. As part of the initiative, the ASPCA is offering half-price adoption fees through Monday and is hosting two adoption events this week, so get your own furdid, and let's have a playdate! Learn more inside and at metro.us.

US ORDERS EXPULSION OF 15 CUBAN DIPLOMATS

The Trump administration ordered the expulsion of 15 Cuban diplomats after pulling more than half of its own embassy staff out of Havana last week, further escalating tensions between the United States and Cuba. Secretary of State Rex Tillerson said the latest decision was made due to Cuba's "failure to take appropriate steps" to protect American personnel in Cuba who have been targeted in mysterious

"attacks" that have damaged their health. The steps taken by President Trump's administration mark another blow to his predecessor Barack Obama's policy of rapprochement between Washington and Havana. A State Department official said the number of expulsions ensured that the U.S. and Cuban embassies would have "equitable staffing levels" while investigations continue into the unexplained "health attacks."

YAHOO SAYS ALL 3 BILLION ACCOUNTS HACKED IN 2013

Yahoo, now part of Verizon Communications Inc. said that an investigation showed all three billion of its user accounts were affected in a 2013 data theft, tripling its earlier estimate of the largest breach in history. However, the company said the investigation indicated that the stolen information did not include passwords in clear text, payment card data, or bank account information. Yahoo said last

December that data from more than 1 billion user accounts was compromised in August 2013. Verizon in February lowered its original offer by \$350 million for Yahoo assets in the wake of two massive cyber attacks at the internet company. The closing of the deal, which was first announced in July, had been delayed as the companies assessed the fallout from two data breaches that Yahoo disclosed last year.

5 THINGS YOU NEED TO KNOW



GETTY IMAGES

MEMORIAL

3 Matthew Helms, who worked as a medic the night of the shooting, visits a makeshift memorial for the victims of the mass shooting, on the north end of the Las Vegas Strip on Tuesday.

CATALANS STAGE PROTESTS AND STRIKE

Tens of thousands of people took to the streets of Catalonia and road traffic, public transportation and business were disrupted on Tuesday in protest against Sunday's violent crackdown by Spanish police on an outlawed independence referendum. Metro stations shut down in Barcelona, pickets blocked dozens of roads and state workers walked out in response to a

call for a general strike by pro-independence groups and trade unions. FC Barcelona, the city's football club, joined the strike, saying it would close for the day and none of its teams would train. Carmaker SEAT was forced to shut a production line. Catalonia, Spain's richest region, has its own language and culture and a political movement for secession that has strengthened in recent years.

FORMER EQUIFAX CHIEF APOLOGIZES TO CONGRESS

The former head of Equifax Inc. apologized repeatedly on Tuesday at a congressional hearing for the theft of millions of people's personal data in a hacking breach, saying it took weeks for the credit bureau to understand the extent of the intrusion. Richard Smith retired last week, but the 57-year-old executive led the company over the time of the hack, which Equifax acknowledged in early

September. Late on Monday, Equifax said an independent review had increased the estimate of potentially affected U.S. consumers by 2.5 million to 145.5 million. In March, the U.S. Department of Homeland Security alerted Equifax to an online gap in security but the company did nothing, said Smith. "The vulnerability remained in an Equifax web application much longer than it should have," Smith said.

POLL

Pew found that 83 percent said they consider gun violence in the U.S. a big problem.

83%



Source: Pew Research Center

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President Trump: Crisis in Puerto Rico hits United States finances

During his visit to the island, the president did not visit any of the areas most devastated by Hurricane Maria, nor did he share expressions of solidarity for those affected in Puerto Rico.

DAVID CORDERO
@MetroNewYork
letters@metro.us

"Trump: Welcome to Puerto Rico. We are one," read a huge banner at the Muniz Air Base of the National Guard in Carolina, Puerto Rico. At 11:41 a.m. Tuesday, Air Force One landed on the base track and stopped in front of the main hangar.

5 HRS

TRUMP SPENT FIVE HOURS IN PUERTO RICO, TWO WEEKS AFTER HURRICANE MARIA SWEEP ACROSS THE ISLAND.

The door of the plane opened, and from inside came the president of the United States, Donald Trump, on his first visit to the island as president, two weeks after the passage of Hurricane Maria.

The president and his wife were welcomed by the governor of Puerto Rico, Ricardo Rossello, and the first lady, Beatriz Rossello. The president immediately met with mayors and officials. He did not answer questions or talk about how, in the short and long term, the federal government will support Puerto Rico in the midst of the crisis it is going through, or of any efforts or strategies. He also did not share expressions of solidarity with the victims, although he did emphasize that "we have spent a lot on Puerto Rico," but he never talked about figures.

"I hate to tell you, Puerto Rico, but you've thrown our budget a little out of whack, because we've spent a lot of money on Puerto Rico. That's fine — we've saved a lot of lives," he said. Gov. Rossello, sitting next



President Trump and first lady Melania Trump arrive in Puerto Rico. DENNIS A. JONES

to him, remained silent with a slight smile. Trump continued.

"Every death is a horror, but if you look at a real catastrophe like Katrina, and you look at the tremendous — hundreds and hundreds of people that died, and you look at what happened here with really a storm that was just totally overpowering ... and what is your death count? Seventeen? Sixteen people

versus thousands. You [the governor] should be very proud of how all of your people and our people have worked together. Sixteen people versus literally thousands of people; you must be very proud." The governor silently nodded.

During his five-hour visit to the island, Trump did not visit even one of the areas most devastated by Hurricane Maria. His only exit from the base was to go to the

"I hate to tell you, Puerto Rico, but you've thrown our budget a little out of whack, because we've spent a lot of money on Puerto Rico."

President Donald Trump

Calvary Chapel missionary church, which has served as a center for victims as well as a food distribution point. There, as if it were a game, the

president threw rolls of paper towels and packs of rice to people. He then returned to the base to depart for Washington D.C.

Analysis: Experts weigh in on what Trump's visit to Puerto Rico means



Angel Rosa, a professor at the University of Puerto Rico. PROVIDED

The political situation in Puerto Rico — a commonwealth that belongs to the United States, but is not part of the whole American country — is why Donald Trump's visit seems a joke, despite

the Maria catastrophe. Two experts answered questions about Trump's visit to the island, and what it means for the hurricane recovery effort.

"Well ... if we start to see, Trump has done so far more than what Bill Clinton did, or what Barack Obama did," said Angel Rosa, a professor of political science at the University of Puerto Rico's Mayaguez Campus.

Regarding the repercussions of the five-hour presidential visit, the academic said it is too early to anticipate what will happen.

"It is too early to talk about political repercussions, but to begin with, I take it with a grain of salt," Rosa reiterated, stating that as long as everything is only to "speed up work," then everything will be fine.

Of course, we must not forget that this "is a man who blamed us for the situation we are in, a politician who is not conventional," explained Rafael Cox Alomar, professor of politics at the University of the District of Columbia School of Law.

"Trump can say many things in his speech and say nothing at all. What

should be emphasized is that at least it seems like something will happen. We hope so. This should not be in vain. We'll see," Cox Alomar said. HERMES AYALA



Rafael Cox Alomar, with the University of the District of Columbia. PROVIDED

ON THE SCENE

Editor-in-chief of Metro Puerto Rico describes the island's devastation

Puerto Rico needs help. It's estimated that around 88,000 Puerto Ricans moved last year to the continental U.S. in the midst of the island's financial crisis. For an islander, getting to the United States is as easy as buying a \$300 air ticket and flying as little as two hours to Florida. Thus, it's hard to accept that after suffering the full impact of killer Hurricane Maria, U.S. citizens in Puerto Rico aren't getting the help they desperately need. President Trump may have a hard time locating Puerto Rico on a map, but he's no stranger to the island, where he put his name on a golf resort that later went bankrupt. Puerto Ricans, who are American

citizens, have served in the U.S. military forces and fought its wars. Puerto Rico generates \$30 billion in revenues for U.S. companies. Our contribution in all areas, from science to academics and from the arts to sports, is undeniable. Puerto Rico has made enormous contributions to the United States, and now it needs help right away. AIOLA VIRELLA



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"Here in New York City, we're monitoring the investigation and have deployed personnel to strategic locations at an abundance of caution," Police Commissioner James O'Neill said. FILE

NYPD beefs up presence following Vegas shooting

There is no direct threat to the city, Commissioner James O'Neill said, but the extra security is expected to continue through the holiday season.



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New Yorkers can expect to see an increased NYPD presence around the city in the wake of Sunday's

Las Vegas shooting.

The department has deployed extra counterterrorism personnel to Times Square and other prominent areas of the city after Sunday's shooting at an outdoor country music festival left at least 59 dead and more than 500 others injured, making it the deadliest mass shooting in U.S. history.

"It's one of the perils of living in an open, free democratic society," Police Commissioner James O'Neill said Monday at a training conference for domestic violence officers. "Here in New York City, we're monitoring the investigation and have deployed personnel to strategic locations at an abundance of caution."

This is all a precautionary measure as there is no known direct threat to New York City, O'Neill said, but the department will maintain this vigilance "as we move further into the fall, the winter and the holiday season," he added.

One of the strategic locales New Yorkers can expect to see an increased police presence will be Yankee Stadium, where tens of thousands are expected to be in attendance Tuesday night when the Yankees face the Minnesota Twins for the American League Wild Card elimination game.

Extra security is already on patrol in Times Square, which is visited by roughly 50,000 people on a daily basis.

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TRUMP TAX PLAN



President Trump speaks before heading to Puerto Rico on Tuesday. GETTY IMAGES

Two Wall Street giants criticize Trump tax plan

President Donald Trump's tax reform plan came under new criticism on Tuesday from two towering Wall Street figures, including billionaire investor Warren Buffett, who called into question a Republican drive to slash the U.S. corporate rate.

With the White House and top Republicans in Congress already on the defensive over claims the plan would not cut taxes for many middle-class Americans, Buffett and BlackRock Inc. Chief Executive Larry Fink suggested in separate interviews that the corporate rate may not have to be cut as deeply as proposed.

"We have a lot of businesses. ... I don't think any of them are non-competitive in the world because of the corporate tax rate," Buffett, chairman and CEO of Berkshire Hathaway Inc., told CNBC.

Fink said a corporate rate as high as 27 percent could satisfy U.S. businesses' need for tax relief, while avoiding an increase in the

federal deficit. "What is being proposed is a pretty large expansion of our deficits," Fink told Bloomberg TV.

The Republican tax plan unveiled last month calls for slashing the corporate income tax rate to 20 percent from the current level of 35 percent, which many multinationals already avoid paying by taking advantage of abundant tax loopholes.

Buffett and Fink also criticized other Republican tax initiatives. Buffett said a proposal to repeal the estate tax would be "a terrible mistake" that would benefit the wealthiest Americans unnecessarily. Fink predicted tax legislation would not pass if it includes a proposal to eliminate a popular deduction for state and local taxes.

Eliminating that deduction is already opposed by Republican lawmakers from high-tax states, such as New York, who say it helps their state governments pay for social programs, including public education. REUTERS

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1 bedroom		\$659	64	→ 1 person	\$24,549 - \$26,720		\$2,091	23	→ 1 person	\$73,646 - \$80,160
				→ 2 people	\$24,549 - \$30,560				→ 2 people	\$73,646 - \$91,680
2 bedroom		\$801	11	→ 2 people	\$29,452 - \$30,560		\$2,520	5	→ 2 people	\$88,389 - \$91,680
				→ 3 people	\$29,452 - \$34,360				→ 3 people	\$88,389 - \$103,080
				→ 4 people	\$29,452 - \$38,160				→ 4 people	\$88,389 - \$114,480

¹ Rent includes gas for cooking and heating.

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: W. 42nd Street Apartments Phase 2 1357 Broadway Box 460, New York, NY 10018**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **December 1, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **W. 42nd Street Apartments Phase 1357 Broadway Box 460, New York, NY 10018**.

En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **1 de diciembre 2017**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**W. 42nd Street Apartments Phase Two 1357 Broadway Box 460, New York, NY 10018**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请2017年12月1日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **1 декабря 2017**.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 발송용 **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017년 12월 1일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou pape, voye anvlòp ki gen adrès pou retounen li nan: **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **desanm 1, 2017**.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **W. 42nd Street Apartments 1357 Broadway Box 460, New York, NY 10018**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 1 ديسمبر، 2017.

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NYC's action plan appears to be the first-ever initiative by any global city aiming to be compliant with the 2016 Paris accord. **ISTOCK**

City unveils 3-year action plan to meet Paris climate agreement goals

"In the Trump era, cities have to lead the way when it comes to fighting climate change," Mayor Bill de Blasio said.



NIKKI M. MASCALI
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Over the next three years, New York City will be committed to meeting the goals of the Paris Climate Agreement — regardless of the Trump administration, Mayor Bill de Blasio announced Tuesday.

The action plan, detailed in "1.5°C: Aligning New York City with the Paris Climate Agreement," includes accelerating the reduction of greenhouse gas and implementing deep de-carbonization.

"Big problems require big solutions — and New Yorkers are already hard at work to meet the most ambitious goals of the Paris Agreement," de Blasio said.

The city's action plan appears to be the first-ever initiative by any global city aiming to be compliant with the 2016 Paris accord, which intends to limit temperature increases, lower greenhouse gas

emissions development and more.

In June, President Donald Trump announced that he would pull the U.S. out of the Obama-era agreement, a maneuver that would not go into effect until November 2020 if he does follow through with the plan.

"In the Trump era, cities have to lead the way when it comes to fighting climate change," de Blasio said. "Hotter summers and powerful storms made worse by climate change are an existential threat to a coastal city like ours, which is why we need to act now."

Included in the city's action plan are:

- Implementing single-stream recycling citywide by 2020, which means residents will not need to sort recyclables from regular trash. It would "dramatically" increase the city's recycling rate, the report said.
- Fast-track dividing tons of organics from landfills with the expansion of the organics program with curbside or drop-off locations by next year.
- Install advanced energy codes for new buildings in 2019 to bookend the fossil-fuel targets for existing buildings to

meet by 2030.

- With the city breaking ground on 50 solar projects on public buildings this fall, the city will be on track to reach its goal of 100MW of solar on public property by 2025.

- Continuing to accelerate the MTA's Select Bus Service, doubling the number of bicyclists by 2020 with more bike lanes added yearly and trying to get the mayor's proposed "millionaire's tax" approved to fund subway system modernization.

- New York City will head a global protocol for cities to reach carbon neutrality by 2050.

"In the face of federal inaction on climate change, it is now more important than ever for cities like New York to step up to fulfill the Paris Agreement," Daniel Zarrilli, senior director for Climate Policy & Programs and the chief resilience officer in the mayor's office. "This new plan accelerates New York City's deep de-carbonization efforts locally in order to align with the global effort to limit warming to only 1.5°C as outlined in the Paris agreement, and is the first such city plan in the world to do so."



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The ASPCA has been using a life-size cardboard cutout of a dog named Fido to encourage people to consider adopting a shelter dog. ASPCA

ASPCA wants to help you #FindYourFido

The organization is working with Animal Care Centers of NYC and a life-size cardboard cutout dog named Fido to promote Adopt a Shelter Dog Month.



NIKKI M. MASCALI
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There is a dog on the loose in New York City this month. He goes by the name Fido, and he is a VIP (very important pup) with a very important job.

Fido — who, by the way, is a life-size cardboard cutout of a dog — is the ASPCA'S handsome ambassador for the roughly 3.3 million dogs who are taken to shelters around the country every year.

From hanging with the NYPD and FDNY, Fido is making his rounds across New York City to raise awareness not only for October being Adopt a Shelter Dog Month, but also for the plethora of positives that can come from adopting a pet.

While the initiative is

nationwide, here in New York, the ASPCA is offering half-priced adoptions through Monday, Oct. 9, for dogs that are one year or older at its adoption center at 424 E. 92nd St. on the Upper East Side.

Adoptions at the center regularly run \$75 to \$250.

New Yorkers can join Fido's fun on Twitter, Instagram and Facebook by using #FindYourFido to share a photo of their own pet or a shelter pet looking for their own forever home.

Also, by using #FindYourFido and tagging @ASPCA and then going to ASPCA.org/findyourfido, they can share what makes their furbaby so special and enter to year's supply of chew toys from program sponsor Nylabone.

The ASPCA will also be joining Animal Care Centers of NYC (ACC) and other partners for two adoption events this week as part of Adopt a Shelter Dog Month.

The first, City Howl, is a dog-only adoption that'll take place Thursday from 4 p.m.-7 p.m. at City Hall Park at Broadway and Park Place.

The second, Find Your

Fido and Friends, will be held Saturday from 1 p.m.-5 p.m. in Central Park and features available dogs, cats and rabbits. Attendees should enter the park at 60th Street and Fifth Avenue and walk north until they spot adoption vehicles from the ACC and ASPCA.

Adoptions at both events range from \$25 to \$250, which includes vaccinations, spaying/neutering, testing for feline immunodeficiency virus (FIV) and feline leukemia virus (FeLV), a pre-registered microchip, a collar, ID tag and certificate for free first exam from a participating veterinarian.

You must be at least 18 years old and have a photo ID and proof of current address to adopt a pet at either event.

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As DACA deadline looms, Dreamers told to be wary of scams

New York's attorney general has made a list of possible scam indicators.



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With the Oct. 5 deadline for DACA renewals fast approaching, New York Attorney General Eric Schneiderman is warning Dreamers to be on the lookout for potential scams.

"Scammers will often capitalize on fear and anxiety to take advantage of immigrants and their families," Schneiderman said. "I encourage all grantees to be vigilant and protect themselves from those seeking to take advantage of this uncertainty to make a quick buck."

The Deferred Action for Childhood Arrivals, aka DACA, is an Obama-era protection for immigrant minors, known as Dreamers, who illegally entered the U.S. with their parents.

Last month, President Donald Trump announced he was ending the DACA program, and he tasked Congress with revamping it within the next six months, giving an uncertain future for

nearly 800,000 Dreamers currently participating in DACA.

The Trump administration said it will process already pending DACA applications and renewals by Thursday's deadline, but the Department of Homeland Security will not accept new applications. Recipients whose work permits expire between Sept. 5, 2017, and March 5, 2018, are eligible for renewals.

Schneiderman's office warned DACA recipients to watch out for:

- Legal services offered via social media, phone calls or other unsolicited ways.
- Phishers, who often use websites that look like legit official or government sites.
- Individuals offering expedited applications for an extra fee or those who guarantee special treatment.
- Cash-only services.

The AG also reminded DACA participants to employ an attorney or accredited Office of Legal Access Program representative for advice or representation, and only sign forms they understand. He also warned against hiring notarios publicos, which are not attorneys in the U.S.

Anyone who thinks they have been scammed can call the AG's Immigration Fraud Hotline at 866-390-2992 or email civil.rights@ag.ny.gov.



New York State Attorney General Eric Schneiderman urged Dreamers to be wary of scams as the Oct. 5 DACA deadline nears. GETTY IMAGES

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MEDIA

The press, branded the 'enemy' by Trump, increasingly trusted by the public: Reuters/Ipsos poll

Americans are increasingly confident in the news media and less so in President Donald Trump's administration after a tumultuous year in U.S. politics that tested the public's trust in both institutions, according to a Reuters/Ipsos opinion poll released on Tuesday.

The poll of more than 14,300 people found that the percentage of adults who said they had a "great deal" or "some" confidence in the press rose to 48 percent in September from 39 percent last November. Earlier this year, Trump branded the entire industry as the "enemy of the American people."

The percentage of those who said they had "hardly any"

confidence in the press dropped to 45 percent from 51 percent.

Confidence in the Trump administration moved in the opposite direction.

Reuters/Ipsos, which tracked confidence in major institutions every couple of months after the 2016 presidential election, found in late January that 52 percent of Americans had a "great deal" or "some" confidence in the new president's executive branch. That dropped to 51 percent in the May survey and to 48 percent in the latest poll.

In comparison, 57 percent of Americans expressed similar levels of confidence in former Democratic President Barack Obama's outgoing administration in November. **REUTERS**

Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these

treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy "Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

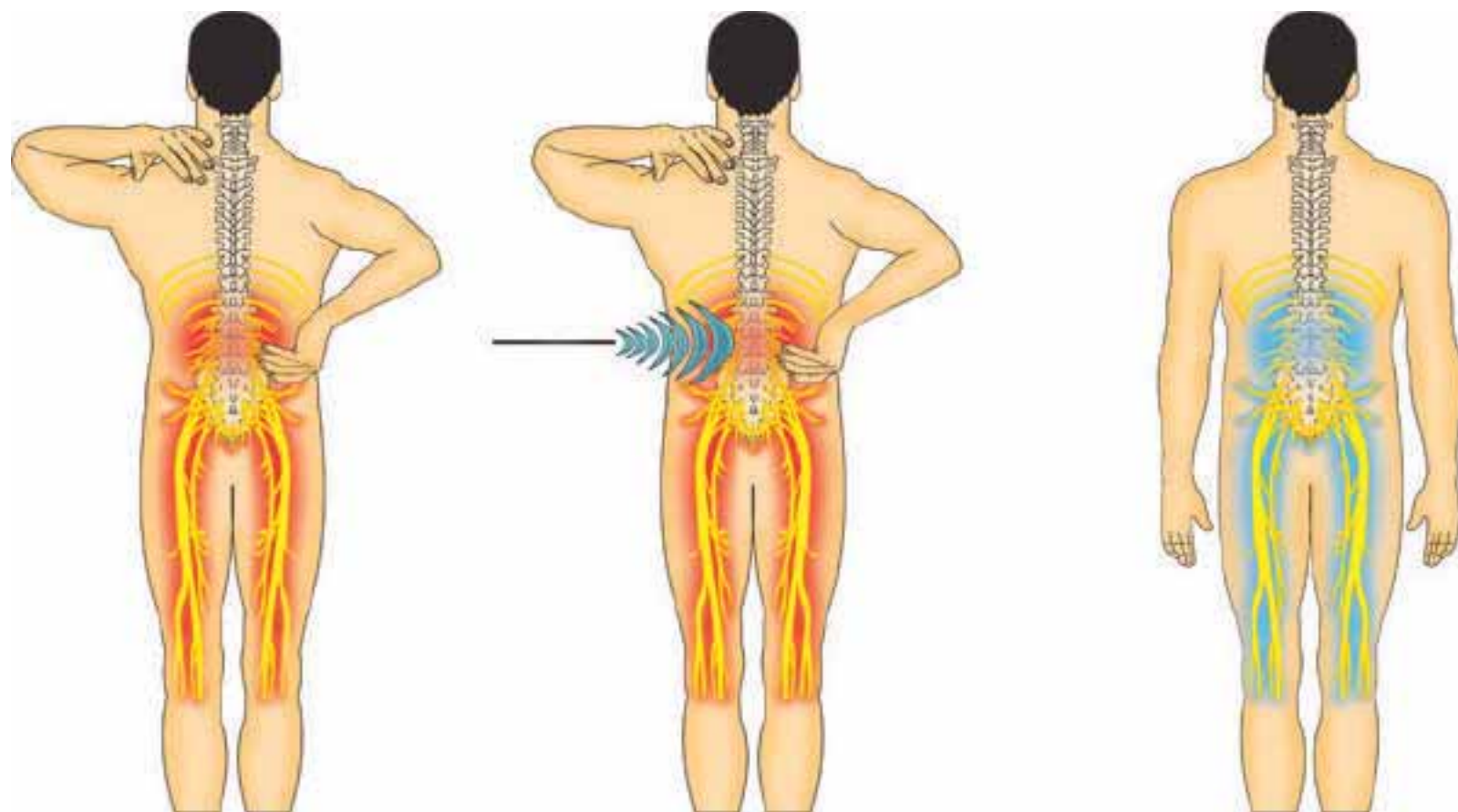
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this

additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-

edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and

no obligation.

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MADE FOR NEW YORK.

What exactly is domestic terrorism, and does the Vegas shooting qualify?

Why the demands for President Trump to label it as terrorism may be off-base.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us



The Las Vegas shooting has refocused the national debate on gun control. GETTY IMAGES

After the mass shooting in Las Vegas, an outcry arose for President Trump to denounce the killings as “domestic terrorism.” Some contended that his failure to do so was due to the fact that the shooter was a white man.

But is the Las Vegas shooting indeed domestic terrorism?

Technically not, by generally accepted and official standards.

In a New Yorker piece published Tuesday, Maisha Gessen outlines the seven characteristics of a terrorist act, as defined by Irish political scientist

and Oxford vice chancellor Louise Richardson:

“It is politically inspired; it involves violence or the threat of violence; it aims to send a message rather than defeat an enemy; the act and the victim have symbolic significance; the act is carried out by ‘substate groups’ rather than state actors; the victims of the violence are distinct from the audience for which the terrorist’s message is intended;

and the act deliberately targets civilians.”

“So far, no evidence has emerged that the Las Vegas shooter was motivated by political beliefs,” contends Gessen. “The fact that people are terrorized doesn’t necessarily mean that an act of terror has been committed. This matters, because language matters. When terms are used too broadly, or just sloppily, they lose their meaning.”

What House Republicans’ latest attempt at eroding abortion rights means for women

The Republican-controlled House passed a bill on Tuesday that would ban abortions after 20 weeks of pregnancy, though the bill still faces a tough battle in the Senate before it could become law.

Exceptions could be granted in cases of rape and incest, but doctors who perform abortions past the 20-week mark would be liable for fines and up to five years in jail if the bill, called the Pain-Capable Unborn Child Protection Act, is signed into law. The bill would not penalize women seeking abortions.

The bill is based on the theory that a 20-week-old fetus can feel pain, though critics have called research supporting this theory “junk science” – in fact, the best available science suggests fetuses can’t feel pain until well after the 20-week mark.

Rep. Trent Franks, an Arizona Republican, who sponsored the bill tweeted about the bill



House Republicans passed a bill that would make it illegal for women to get abortions after 20 weeks. WIKIMEDIA COMMONS

on Monday using the hashtag #TheyFeelPain.

“It’s science: Unborn babies feel pain by at least 20 weeks. Late, dismemberment abortions are too extreme for America,” he wrote.

But people in the medical community said he’s wrong.

“There’s actually conclusive evidence that shows that the neurologic structures in a fetus aren’t completely laid down and working yet until much further along in pregnancy, we think even the third trimester,” said

Jennifer Conti, a clinical assistant professor and OB-GYN at Stanford University and a fellow with Physicians for Reproductive Health, told Vox.

“[Twenty weeks] is just an arbitrary limit set in place by politicians that has no medical or scientific backing,” she said. Some version of a 20-week abortion ban already exists in 20 states.

It’s unlikely the bill will become federal law, as it would need to pass the Senate with a 60-vote majority. Opponents of the bill, however, say harm can be done even if the bill never gets signed.

“By even putting this issue on a national platform, you’re misleading the American people,” Conti said to Vox, noting the bad science behind the bill could influence women’s decisions on whether or not to get an abortion. “You’re really providing false and dangerous information that is affecting millions of women.” ERIN TIERNAN

Motive for Las Vegas concert massacre baffles investigators

The closest Stephen Paddock appeared to have ever come to a brush with the law was a traffic infraction, authorities said.

Law enforcement officials puzzled on Tuesday over what motivated a retiree with no record to assemble an arsenal in a high-rise Las Vegas hotel and rain gunfire onto a outdoor concert for nine minutes, killing at least 59 people.

The gunman, identified as Stephen Paddock, ended Sunday night's shooting spree, the deadliest in modern U.S. history, by killing himself. He left an arsenal of 49 guns but no clear clues as to why he staged the attack on a crowd of 20,000 from a 32nd floor



Stephen Paddock in an older photograph. GETTY IMAGES

window of the Mandalay Bay hotel.

Paddock fired on the crowd for nine minutes, Clark County Sheriff Joseph Lombardo told reporters on Tuesday, adding that investigators have identified all but three of the victims.

Federal, state and local investigators have found no evidence that

Paddock, 64, had even incidental contacts with foreign or domestic extremist groups, and reviews of his history show no pattern of law-breaking or hate speech, a U.S. homeland security official said on Tuesday.

"We cannot even rule out mental illness or some form of brain damage, although there's no evidence of that, either," the official said, speaking on the condition of anonymity.

Paddock had set up multiple cameras in the hotel room from which he launched his attack, Lombardo said.

Lombardo also said investigators wanted to talk with Paddock's girlfriend and live-in companion, Marilou Danley, who he said is in the Philippines. REUTERS

Trump administration may cut programs that aim to prevent domestic terrorism

President Donald Trump's proposed budget is coming under new scrutiny this week in the wake of the Las Vegas shooting, as it proposes to cut millions from programs that work to prevent domestic terrorism and prepare law enforcement to respond.

The Las Vegas Police Department has been heralded for its quick response to the shooting — a sentiment repeated by Trump on Tuesday, who called LVPD response a "miracle."

"How quickly the police department was able to get in was really very much of a miracle," Trump told reporters.

The LVPD received a \$500,000 grant from the Countering Violent Extremism grants — a program would not be funded at all next year under Trump's budget plan.

The Trump administration has denied any intention to defund counterviolent extremism programs at home, saying they are developing new strategies on moving forward.



President Trump has proposed cutting funding from domestic terrorism programs. GETTY IMAGES

"We really intend to elevate and amplify our terrorism prevention efforts in a big way, because the threat environment is serious, we're taking it seriously and we're doing a full end-to-end review of what we do on terrorism prevention to make sure that our efforts are effective," an unnamed official told CNN. "We do not intend to focus our terrorism prevention efforts exclusively on one ideology. DHS is committed to combating both domestic terrorism and international terrorism and bolstering efforts for both." ERIN TIERNAN



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Meghan & Harry are 'practically' engaged

I'm not saying Meghan Markle and Prince Harry are engaged, but I'm not not saying they're engaged. Ya dig?

E! News reports that the "Suits" star and Hot Ginger Prince are steadily making their way toward a ring-on-it situation — so much so that they're practically engaged already. Practically does not mean actually, though, so it honestly sounds like they're in the same place that they were, say, last week.

"While Meghan may not be wearing a ring or a formal engagement announced, it's fair to say they're as good as engaged now," a source close to the couple tells the outlet.



The happy kind of engaged couple.

"They've spoken about their marriage plans openly with each other and friends and family around them are pretty much thinking about wedding attire already!" OK, good to know we're still getting really far ahead of ourselves.

Tyra Banks is single now

Tyra Banks and her beau-slash -baby daddy, Erik Asla, have called it quits. Insert some commentary like, another one bites the dust, love is dead, etc.

The couple had been together for five years and share a son, York Banks Asla.

The "America's Got Talent" host and Asla are reportedly remaining friends, with Banks continuing to work with Asla professionally — even

though he's already moved out of their Los Angeles mansion.

"It came drama-free," a source close to Banks tells Page Six. "They're co-parenting their young son."

Well, the cynic in me is like, nothing ever lasts, we're all going to die at the end anyway. But I want the best for Ty Ty! Here's hoping she can find comfort in a sequel to "Life Size" with Lindsay Lohan. LiLo could use the work, for sure.

Join me in shedding one single, beautiful tear.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us



Kate Winslet 'never fancied' Leo DiCaprio

Kate Winslet is opening up. Apparently, she "never fancied" Leonardo DiCaprio and girl, same. I just don't get the appeal, to be honest.

The two actors that everyone has shipped are just really good friends, OK? "For Leo and I, I think it was seven months of very intense work," Winslet said on Tuesday of filming "Titanic."

"We were both really young, and luckily — and this is the fortunate thing — we never fancied each other," the



That makes two of us, Kate.

41-year-old continued. "I know that's really annoying to hear, I'm sorry, but we really never did."

But don't worry — just because they never wanted to feel each other up in their off time doesn't mean that they aren't the best of friends now. "You don't even want to know the last conversation we had,"

Winslet said in Glamour's October issue. "Because it was so funny and made me laugh so much." You're right, I don't!

Cool about your friendship, though.

The second most-boring Hilton is engaged



This rich dude looks like a poor man's Aaron Carter.
INSTAGRAM/@TESSA_VONWALDERDORFF

The second-least controversial Hilton — Barron Hilton II — is engaged to be married. OK!

Page Six reports that the Hilton heir — younger brother to Paris and Nicky, older brother to the very troubled Conrad — proposed to his longtime girlfriend last week by the pond in Central Park, because of course he did. She is a socialite, and her name is Tessa Gräfin von Walderdorff. Which is

frankly more "Gossip Girl" than "Gossip Girl" was. And you thought Serena van der Woodsen was pure tomfoolery.

The couple plans to marry next year, and will likely continue to post inane pictures of each other on their respective Instagrams in the meantime. Barron's parents, Rick and Kathy Hilton, are reportedly "delighted about the engagement, as are his sisters, Paris and Nicky."

And that concludes your bimonthly update on the Hilton family. You're welcome.

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Hamptons International Film Festival turns 25

Margot Robbie, Patrick Stewart, Jordan Peele and Annette Bening will help celebrate its jubilee.

GREGORY WAKEMAN
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gregory.wakeman@metro.us

Hamptons International Film Festival celebrates its jubilee with a gem of a line-up

Margot Robbie, Patrick Stewart, Jordan Peele and Annette Bening see HIFF turn 25

Movie-goers are spoiled for choice this weekend, what with the 55th New York Film Festival and New York Comic-Con taking place, but the truly spoiled are going to jump on the Jitney and head to the 25th Hamptons International Film Festival in Southampton, SAG Harbor and East Hampton for a glitzy event with some top-notch talent.

This year's festival includes screenings of Guillermo Del Toro's "The Shape Of Water," Domhnall Gleeson and Margot Robbie in "Goodbye Christopher Robin," Martin McDonagh's already acclaimed "Three Billboards Outside Ebbing, Missouri," Woody Harrelson as LBJ and Gary Oldman as Winston Churchill in "Darkest Hour" before the festival closes with another Rob-



Patrick Stewart and Annette Bening will discuss their careers over the weekend. GETTY, FOX SEARCHLIGHT PICTURES

bie film — "I, Tonya."

HIFF's Executive Director Anne Chaisson broke down what's in store, and why it's worth the two-hour journey from the city.

How does it feel to have reached the 25-year milestone?

We're fortunate that we were one of the early resort festivals. Our proximity to New York City not only makes it an easy way for people to come out, but many of the media and industry titans have homes out here. So it means you can have a lovely fall weekend in the Hamptons and see some great movies. We were also lucky that the community embraced it so much, too, especially because

the Hamptons has such a vibrant cultural scene.

What sets the Hamptons Film Festival apart?

It's so intimate, it's so easy, it's so nice. I'll have a cup of coffee and I'll run into some people that I know, and then we can decide what film or talk we're going to see. It's more relaxed, but still exciting. We're very proud that we're considered one of the top 50 film festivals in the world (considering there are so many film festivals out there). We love the type of people that come to our festival, which includes Academy members, and we have loyal audiences that follow our conversation series.

What are the highlights

of this year's festival that you want people to know about?

First off, the documentary about Itzhak Perlman is incredible, and he'll be there opening night. We started a program called "Compassion, Justice, Animal Rights" a few years ago that has become extremely popular, because there are so many animal

advocates in the Hamptons area, so I'm excited about a film called "The Last Pig" that's winning the award in that section. I am extremely excited about our conversation with Annette Bening. We're also hosting an anatomy of a scene with Jordan Peele, Jason Blum, Allison Williams and

Why is it important to have so many conversations about the craft of filmmaking?

The reason to do it is not only to show incredible films around the world, but to bring those people here and show them to other people in the industry and expose them to a new area. As well as have audiences hear how these films got made, and hear about the subject matter.

What else do you want people to know about the film festival?

How easy it is to come! It takes about two hours to get here on either the bus or the Long Island Rail Road, or you can rent a car or drive. We're in Southampton, SAG Harbor and East Hampton — it's a triangle, 15 minutes between each of them.

You can get a shuttle between films and talks, and check the schedule and purchase tickets at HamptonsFilmFest.org.



Anna Chaisson
GETTY IMAGES

Daniel Kaluuya of "Get Out"; they'll do a panel and then breakdown how they made some scenes in the film. We're also giving Julie Andrews a lifetime achievement award. There's so much happening!



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Where to celebrate National Taco Day

Although National Taco Day falls on a Wednesday and not a Tuesday this year — blasphemy! — there are still a handful (taco-full?) of deals around the city to enjoy today. Here are five spots offering taco and drink specials, happy hour and freebies. **KATE MOONEY**



Camacho's

This taqueria just off Union Square will serve up a complimentary shot of tequila for every taco you purchase Wednesday. Tacos come in orders of two for \$8, with offerings such as Chipotle Shrimp, Mojo Steak and Spiced Squash. Bonus: The restaurant has porch swings at its tables, so you can rock back and forth while you get tipsy. 118A E. 15th Street, camachosnyc.com, 4 p.m. - 12 a.m.



INSTAGRAM.COM/
CAMPEONNYC

Campeon

A block over from Camacho's, this Mexican restaurant and sports bar — indeed, it's got 50 HD flat-screens — is doing \$6 beers, \$7 wine and sangria, \$8 margaritas, and a three-taco special for \$7.50 from open to close. 9 E. 16th Street, campeonnyc.com, 11:30 a.m. - 12 a.m.



INSTAGRAM.COM/
THETACOSHOPNYC

Taco Shop NYC

Sunday through Friday from 3 p.m. to 7 p.m., enjoy a happy hour deal of three tacos plus a margarita or beer for \$14 at this West Village taco joint. 166 West 4th Street, thetacosshopnyc.com.



INSTAGRAM.COM/
CHILOSBK

Chilo's

This Bed-Stuy bar with a taco truck in the backyard isn't doing anything special for National Taco Day itself, but its happy hour is worth a stop in on any weekday. Monday through Friday, from 4 p.m. to 6:30 p.m., you can order three tacos and a Tecate for \$10. 323 Franklin Ave., chilosbk.com



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At both locations (its takeout window at Grand Central Terminal and sit-down restaurant in Harlem) of Chef Julian Medina's Mexico City-style taqueria, the first 50 customers will get a free Taco de Asada (grass-fed skirt steak, salsa borracho and queso fresco). 89 E 42nd St, 137 E 116th St, lachulany.com. Grand Central, 9 a.m. - 10 p.m., Harlem, 11 a.m. - 12 a.m.

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This isn't what virtual reality is for

Technology can be a force for good, but *Surviving the Titanic* is just plain old disaster porn.



EVA KIS
@thisiskis
eva.kis@metro.us

In case there aren't enough tragedies going on in the real world, this week you can experience the sinking of the Titanic.

The new virtual reality experience *Surviving the Titanic* puts eight people at a time into a replica lifeboat to watch the unsinkable ship meet its fate on a Samsung Gear VR headset, being rocked and sprayed by water as cold "wind" whips through your hair.

The four-minute film, which you can see through Oct. 8 at the Samsung 837 "experience store" in Manhattan, is made even more



Easter Rising is a spectacular glimpse of virtual reality's potential.
VRTOV



Surviving the Titanic at Samsung 837
TRIP FACTORY

surreal by creator Trip Factory's immersive theater element: A scientist introduces it as a dream harvested from a survivor.

I get that the sinking of the Titanic happened so many movies, plays, and other artistic productions ago that it's practically a myth. We're so over the tragedy, in fact, that a billionaire is funding a replica of the ship that

will actually sail between China and Dubai next year. Whether by design or coincidence, the route is not prone to icebergs.

As a piece of simple disaster porn, *Surviving the Titanic* undercuts virtual reality's potential to change humanity for the better. The extraordinary ability to place people inside historical events can be a powerful tool to

cultivate compassion and understand what led to pivotal moments in history.

Last year, I got to try out a similar virtual reality experience about another deadly incident, but created

with compassion and preserving the context of what really happened.

In *Easter Rising*: Voice of a Rebel, created by VRTOV and available on Oculus Rift, you join the band of armed dissidents who took over parts of Dublin in an effort to liberate Ireland from England in 1916. Guided by the journals of Willie McNeive, one of the would-be revolutionaries, you crouch around corners holding rifles and huddle with survivors inside a church as explosions ring outside.

Throughout, McNeive's words narrate the scene and provide context, explaining what was happening and why, what he felt and how things came to this extreme. The adrenaline rush was completely real, and it's

a story I won't forget after the test in European History class.

Trip Factory itself sounds like it's on the right track. The next-gen entertainment company plans to open a hybrid virtual/augmented reality "immersive mini theme-park" in early 2018 at Chelsea Market, according to CNET.

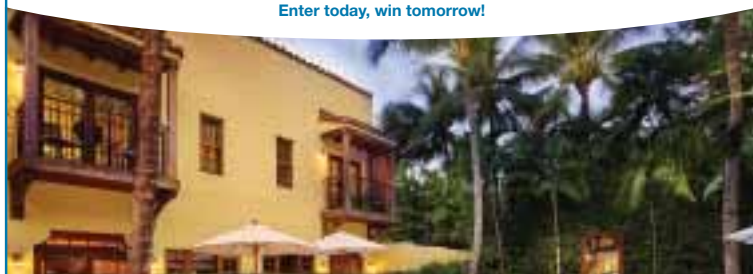
One of the other confirmed VR experiences at its forthcoming theme park will be about bullying. There's untold societal value in placing anyone, but especially kids, literally in each other's shoes.

For so long, technology has been criticized for making us more antisocial and less compassionate. Let's hope virtual reality proves it can be a tool for good.

Surviving the Titanic runs at Samsung 837, 837 Washington St., through Oct. 8. Tickets are \$15.

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How do decorate your home the Lagom way, the Swedish term for balance and moderation.



KATE MOONEY
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You've likely heard all about Hygge, the trendy Danish term for coziness that has dominated lifestyle content in recent years. Here's another Scandinavian principle that's gaining appeal stateside: Lagom. The Swedish philosophy, which translates into "not too little, not too much," is all about how to slow down and live a more balanced life — and who can argue with that?

You can adhere to Lagom throughout all aspects of your life, whether it's taking regular coffee breaks at work — called "fika," in Swedish — or allowing yourself a full, restful vacation. And it can also influence how you organize your home. Niki Brantmark, creator of the interior-design blog "My Scandinavian Home" and author of "Lagom: The Swedish Art of Living a Bal-

anced, Happy Life," gives us tips on how to embrace Lagom where we live.

Keep it minimalist-cozy
"Our home environment affects our stress levels — after all, it's

nor overdone."

In a typical Swedish home, the walls will be white or light gray to allow for natural light to "create a tremendous sense of calm," she explains.

But you want to

blankets and flickering candles to create a sense of equilibrium," Brantmark advises.

Greening your living space with plants will also help create a calming and restorative environment.

Declutter

Lagom shares the philosophy behind Marie Kondo's "The Life Changing Magic of Tidying Up": Get rid of anything you don't use or love.

When it comes to furniture, Brantmark suggests picking out items that combine form with function, and the old and the new — think, IKEA meets a secondhand steal.

But don't overcrowd your furniture: "By setting single items apart, it gives them breathing space and you are more easily able to see the beauty in them."

Don't deny yourself

Striking a balance is the key here, so you don't have to go to extremes exercising restraint, says Brantmark. Feel free to indulge your whimsy every now and then with a dramatic wallpaper or a loud statement piece.



HARPER COLLINS

where we start and end our day," says Brantmark. Following the philosophy of Lagom, the home will strike the right balance of being "neither too spartan,

make sure where you live still feels comfy and inviting. "Be sure to use plenty of natural materials and textures, such as wood, glass, clay as well as cozy

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2017-18 NHL Preview: Are the Oilers set to take over?

Metro takes a shot at predicting the upcoming NHL season, its biggest stars and its best teams.



JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Lace up those skates, kids, it's time for hockey season.

The 2017-18 NHL season starts up on Wednesday night with four games, including the Stanley Cup champion Pittsburgh Penguins beginning their title defense with a banner rais-

ing before taking on the St. Louis Blues.

Thursday night signals the start for the New York Rangers as they're at home to face the Colorado Avalanche while the cross-town rival Islanders get their season started in Columbus on Friday against the Blue Jackets.

On that same night, the league officially welcomes its newest team, the Vegas Golden Knights as they visit the Dallas Stars for their first-ever regular season game.

All the while, hockey fans will be sure to keep an eye out for its largest stars like Edmonton

Oilers youngster Connor McDavid, who recorded a 100-point season as a 20-year-old on his way to league MVP honors.

Still four months away from his 21st birthday, the Canadian center is expected to continue his ascent in becoming the face of the NHL.

It will surely be another entertaining season, though there might be a few calls for some more parity in the league. In the past nine years, we've only seen four different Stanley Cup winners (Blackhawks, Kings, Bruins, Penguins).

Here is how I think the season will pan out:



Edmonton Oilers captain Connor McDavid is one of the league's best players and he isn't even 21 years old. GETTY IMAGES

Metropolitan Division

1. Pittsburgh Penguins	113 points
2. Columbus Blue Jackets	104 points
3. Washington Capitals	101 points
4. New York Rangers	98 points
5. New York Islanders	96 points
6. Carolina Hurricanes	90 points
7. Philadelphia Flyers	89 points
8. New Jersey Devils	74 points

Atlantic Division

1. Toronto Maple Leafs	101 points
2. Tampa Bay Lightning	100 points
3. Boston Bruins	97 points
4. Montreal Canadiens	95 points
5. Ottawa Senators	89 points
6. Buffalo Sabres	86 points
7. Florida Panthers	81 points
8. Detroit Red Wings	70 points

Central Division

1. Nashville Predators	113 points
2. St. Louis Blues	104 points
3. Dallas Stars	101 points
4. Minnesota Wild	98 points
5. Chicago Blackhawks	96 points
6. Winnipeg Jets	90 points
7. Colorado Avalanche	89 points

Pacific Division

1. Edmonton Oilers	113 points
2. Anaheim Ducks	104 points
3. Calgary Flames	101 points
4. San Jose Sharks	98 points
5. Los Angeles Kings	96 points
6. Arizona Coyotes	90 points
7. Vancouver Canucks	89 points
8. Vegas Golden Knights	74 points

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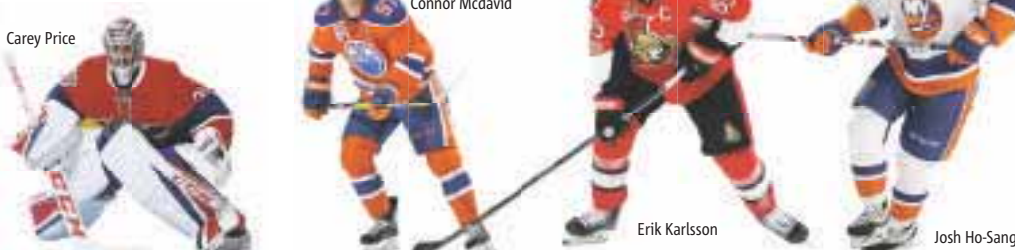
**CALDER TROPHY (TOP ROOKIE)
JOSH HO-SANG (NYI)**

Carey Price

Connor McDavid

Erik Karlsson

Josh Ho-Sang



NFL power rankings | by Luke Miller

No. 1

Chiefs 4-0 (W vs. WAS)

We're through just four games, and Kareem Hunt has 140 more rushing yards than any other NFL player, and the Chiefs are already the last undefeated team standing. It was their defense that helped seal the deal Monday night.



No. 2

Bills 3-1 (W vs. ATL)

With victories over the Broncos and in Atlanta, this team is shooting light years above where anyone thought they'd be this season after an off-season of departures. With Jordan Matthews departing the game and out at least a month with a thumb injury the Bills will have to dig even deep to find offense.

No. 3

Broncos 3-1 (W vs. OAK)

Big bounce back by the Broncos after a disappointing road defeat to Buffalo that suddenly, doesn't look that shocking. Jamaal Charles is thriving in a change-of-pace role and the defense continued the embarrassment of Oakland's offense that Washington began last Monday night.

No. 4

Lions 3-1 (W at Min)

The Lions stepped right back up to the plate after their disappointing loss to the Falcons. This is a different Detroit team than we've seen in a lot of recent years: intent on holding onto the football, running it, and winning that way before resorting to an explosive shootout.

No. 5

Packers 3-1 (W vs. CHI)

Against their rivals the Bears, the Packers after they jumped to a 14-0 lead based around two forced fumbles this past Thursday. The passing game didn't have to do much on this night, but Devante Adams' touchdown was paired with two for Jordy Nelson and one for Randall Cobb.

No. 6

Falcons 3-1 (L vs. BUF)

The bye week couldn't come at a better time for Atlanta after losing Julio Jones and Mohamed Sanu to injury during their home loss to the surprising Bills. The Falcons have faced some tough opponents early this season, and remain the only team to defeat Green Bay and Detroit.

No. 7

Eagles 3-1 (W vs. LAC)

Eagles fans turned out in droves for the team and Carson Wentz in Carson, California. LeGarrette Blount staked his claim to the running back job whenever the Eagles are interested in running it, turning in a 136-yard day in Sunday's win against the Chargers.

No. 8

Steelers 3-1 (W vs. BAL)

The Broncos aren't the first team to blow a game going West to East at 1 p.m. They'll be back in more comfortable confines next week facing the Raiders at home. A win their would signal to Oakland and the Chiefs that not only are the Broncos back, they never really left.

No. 9

Panthers 3-1 (W at NE)

No better time than the present to hang 444 total yards and 4 touchdowns (360 yards and all of scores courtesy of Cam Newton) on what's quickly become the league's punching bag of a defense. That last bit doesn't make holding off a Pats comeback in New England any less impressive.

No. 10

Rams 3-1 (W vs. DAL)

What a game for Greg Zuerlein, going 7-for-7 on field goals, including four from further than 40 yards. Of course what that also means is the Rams went 1-for-4 in the red zone when it came to scoring touchdowns. Their other score was a 53-yard Todd Gurley reception.

Best of the rest

- 11 — Texans (2-2)
- 12 — Patriots (2-2)
- 13 — Washington (2-2)
- 14 — Cowboys (2-2)
- 15 — Buccaneers (2-1)
- 16 — Saints (2-2)
- 17 — Raiders (2-2)
- 18 — Seahawks (2-2)
- 19 — Vikings (2-2)
- 20 — Titans (2-2)
- 21 — Jets (2-2)
- 22 — Cardinals (2-2)
- 23 — Jaguars (2-2)
- 24 — Bears (1-3)
- 25 — Ravens (2-2)

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Ray Ramirez was let go from his position as head trainer of the New York Mets on Tuesday morning. GETTY IMAGES

Mets fire Ray Ramirez, continue cleaning house

The longtime trainer who has drawn the ire of fans over the years was let go on Tuesday.

Among a plethora of changes being made to the New York Mets' staff, the team announced on Tuesday that they have parted ways with longtime head trainer Ray Ramirez.

shoulder

- **Michael Conforto (shoulder):** Shut down in August after dislocating shoulder while swinging



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This comes days after manager Terry Collins resigned from his position after the final game of the season on Sunday. New York also announced that Dan Warthen will not return as pitching coach, but has been offered another position within the organization.

Having been with the team since 2005, Ramirez has often been the scapegoat among fans when the team was constantly plagued by injuries.

It was no different in 2017 as numerous big names went down with long-term injuries that helped withhold the Mets from competing in any sort of way:

Notable Mets injuries in 2017

- **Noah Syndergaard (lat):** Limited to just seven starts

- **Yoenis Cespedes (hamstring):** Played in just 81 games

- **Jeurys Familia (shoulder):** Pitched in 24.2 innings

- **Zack Wheeler (arm):** Shut down in July due to a stress reaction in his throwing arm

- **Matt Harvey (shoulder):** Missed two-and-a-half months after pitching with broken bone in

It was an unfeasible turn of events to see a team with World Series aspirations suddenly become a bottom-dweller in their division, finishing the season with a 70-92 record.

But injuries have constantly been a prevalent factor with the Mets since Ramirez's arrival and after 13 seasons.

In 2008, Ramirez played a big part in destroying Ryan Church's career after the outfielder suffered a serious concussion by clearing him to travel with the team via airplane, which you are not supposed to do after suffering such an injury.

In 2011, first baseman Ike Davis, who was developing into a lethal offensive weapon, saw a minor ankle injury develop into a season-ending ordeal. It only went downhill from there as he mysteriously contracted Valley Fever and was never the same.

Ramirez then almost derailed the career of Carlos Beltran who went against the trainer's wishes and underwent knee surgery. Ramirez believed that he could have played through it, but when he visited the Colorado Rockies' team doctors, it was revealed that Beltran could have damaged his knee so badly that it would have ended his career.

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NYCTL 1998-2 TRUST AND
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MELLON, AS COLLATERAL
AGENT AND CUSTODIAN,
PLAINTIFFS v.
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her husband, heirs-at-law,
next of kin, distributees, executors,
administrators, assignees, lienors,
creditors, successors-in-interest
and generally all persons having
or claiming under, by or through
said MARY F. ROSS, et al.;
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be dead, his wife, heirs-at-law,
next of kin, distributees,
executors, administrators,
assignees, lienors, creditors,
successors-in-interest and
generally all persons having or
claiming under, by or through said
HENRY LEVINE, et al.,
DEFENDANTS.
Index No. 2235-15
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a judgment of foreclosure and
sale duly granted by this Court
and entered in the County
Clerk's Office on July 13, 2017,
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appointed in this action for such
purpose, will expose for sale
and sell at public auction to the
highest bidder at Queens County
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Boulevard, Jamaica, New York
in Court Room #25,
on October 20, 2017 at 10:00
o'clock in the forenoon of that day,
the premises directed in and
by said judgment to be sold.
The premises are identified as
Block 10348 and Lot 14,
and appearing on the Queens
County Tax Assessment Map as
183-24 Dunlop Avenue,
Saint Albans, New York. Property
is sold subject to the terms and
conditions of filed judgment
and terms of sale. Approximate
amount of judgment is \$29,921.79
plus interest and costs.
Arthur N. Terranova, Esq.,
Referee
Phillips Lytle LLP,
Attorneys for Plaintiff,
28 East Main Street, Suite 1400,
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Across

- 1 Carouse
6 Liniment target
10 Wild guess
14 Nitrous – (laughing gas)
15 Sledgehammer
16 Sledding spot
17 Punctuation mark
19 Penny –
20 Mid-Atlantic st.
21 Desiccated
22 Bordered on
24 Temporary failure
26 Unexpected hit
28 Earthenware jar
30 About, in memos (2 wds.)
31 Computer acronym
34 Mob scene
36 Twig juncture
40 Coffee dispenser
41 Amazon menace
44 1040 org.
45 Not coarse
47 Prime-time hour
48 Very light wood
50 Tel –
52 Amount carried
54 Chewy candy
57 Brief flash
60 Grads
61 Space lead-in
63 Veggie-tray item

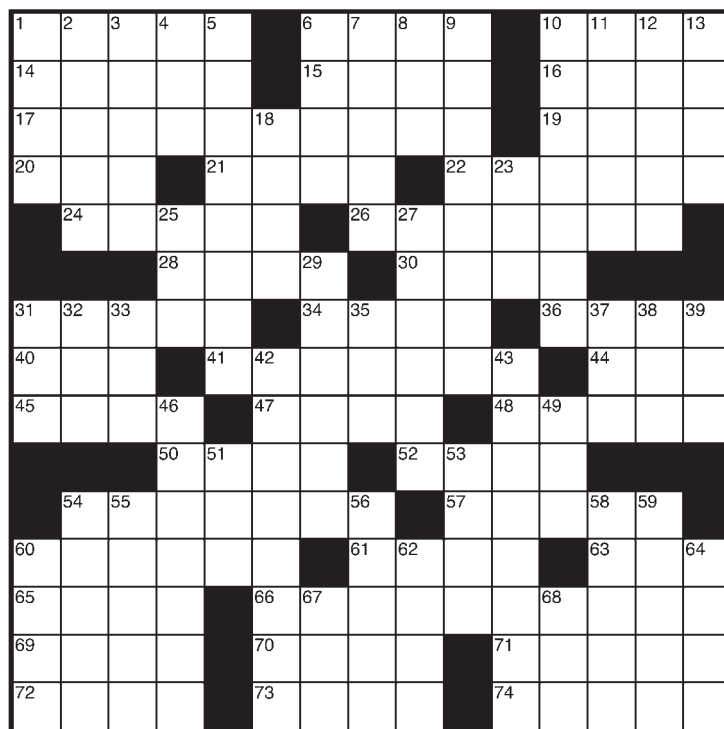
- 65 Roman's garment
66 Expository treatise
69 Walkie-talkie word
70 Tien Shan mountains (var.)
71 Gung-ho
72 Fringe benefit
73 For fear that
74 Soft leather

Down

- 1 Freeway
2 Oust
3 Small pansy
4 Koch and Wynn
5 Inadvertently reveals (2 wds.)
6 Love, to Pablo
7 Cod and Canaveral
8 Bewildered response
9 – hour (last minute)
10 Hone
11 Trace of color

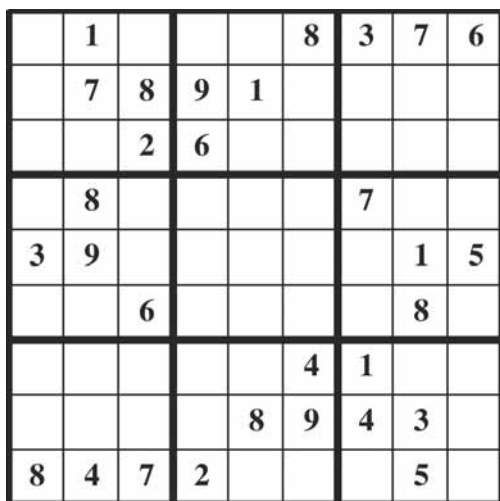
- 12 Make changes
13 Drained of resources
18 Film spool
23 Always, to the bard
25 Luau dish
27 Vibraphonist –
Hampton
29 Check in
31 – Wiedersehen
32 Hindu title
33 FOX rival
35 Fleming of spydom
37 Sunflower yield
38 Rx givers
39 Spanish "that"
42 Hostile
43 Shellfish
46 Set aside for
49 Lemon cooler
51 UPS truck
53 Human eater
54 Garlic bulb piece
55 Ice-fishing tool
56 Lhasa monks
58 Familiar saying
59 Bogged down
60 On the summit
62 Shed, as light
64 Fiery stack
67 Flamenco shout
68 Frat letter

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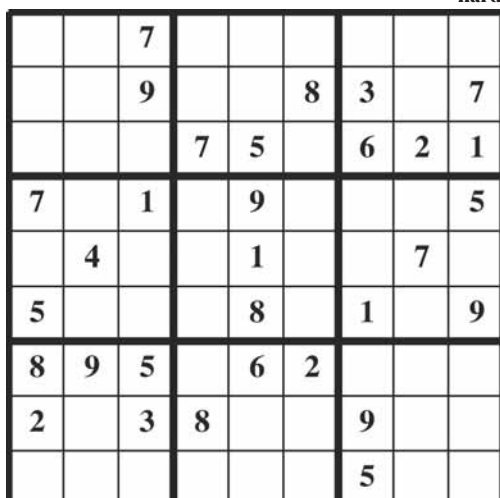


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Emotions will flare up, causing problems with a colleague or someone trying to make you look bad. Honesty will be your best option. Speak from the heart.



Taurus Don't let the changes going on around you cause you to fret. Look at your options to discover a way to combat any challenge that presents itself.



Gemini Casual conversations will lead to all sorts of opportunities. Express your thoughts, ideas and plans to a partner or co-worker. Change will bring about personal gains.



Cancer Easy does it. You are best off listening carefully to complaints or criticism. Refuse to get into an emotional battle that will be impossible to win. Agree to disagree.



Leo Look at your future and consider what you need to do to reach your goal. Pick up new skills or update your qualifications to suit current professional trends.



Virgo Share your feelings and goals with someone you want to form a meaningful partnership with. Listen to others' concerns and counter with a positive response.



Libra Focus on getting things done. Take care of your responsibilities before someone complains. Do your best to make your surroundings more comfortable and convenient.



Scorpio Express your feelings and make yourself clear regarding what you are willing to do to pitch in and help. Romance and self-improvement are highlighted.



Sagittarius Physical and emotional abuse are apparent. How you treat people or let them treat you will make a difference to the way you move forward in life.



Capricorn An emotional issue will develop if you let someone from your past re-enter your life. Don't be fooled by sweet talk or persuasive offers. Focus on retaining your stability.



Aquarius Keep your emotions out of the workplace. Getting involved in a struggle with someone trying to make you look bad won't solve the problem.



Pisces The less time you take to argue a point, the more you will get done. Aim to finish what you start by working alone and staying on course. EUGENIA LAST

Yesterday's answers											
I	N	E	P	T	B	L	O	C	O	V	E
T	A	B	O	O	R	E	B	A	G	Y	R
S	N	O	O	P	A	V	I	S	D	I	O
O	N	L	E	A	V	E	A	M	E	N	D
K	N	E	E	B	U	N	G	E	E		
A	F	G	H	A	N	L	A	C			
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B	I	D	S			U	R	S	A		
S	L	A	Y			P	O	S	Y		
						D	E	B	T	S	

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